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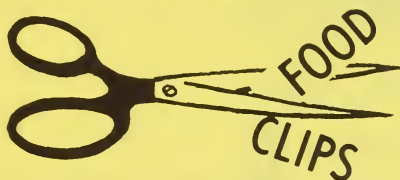
Food and Home Notes

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How many calories per serving of turkey? — breast quarters are approximately 260 calories--while there are approximately 290 for leg quarters.

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Commercial soy milk is often fortified with vitamins and minerals to approximate the composition of cow's milk.

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Processed soybean oil is light in color — has a mild flavor, and can be used as oil in any recipe. Unrefined soybean oil is dark brown and has a strong flavor and aroma. When used in recipes, it may alter the color and flavor of the final product.

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Soybean curd may be used in chop suey.

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If baked products are made without any wheat flour they may be heavier and more crumbly than those made from wheat flour according to home economists at USDA.

ON GREENHOUSES

— AND SOLAR ENERGY

Greenhouses heated by solar energy may be one way of conserving fuel — and possibly in increasing food production, according to U.S. Department of Agriculture researchers. Four one-year cooperative research agreements have been made with the U.S. Department of Agriculture and funded by the Energy Research and Development Administration.

In Alabama — analytical models and a greenhouse will be constructed for use in the studies.

In Kentucky — investigations for controlling the environment in greenhouses ventilated with deep mine-shaft air will provide means for close observation of plant growth, diseases and cost.

In New Jersey — researchers will find ways to minimize heat loss from greenhouses using low-cost plastic collectors.

USDA GRADES



CONSUMERS CAN USE THE GRADE STANDARDS

Even if a food doesn't have a grade on it, you can use your own knowledge of the grade standards to be your own judge of quality. USDA has published a series of booklets which explain the quality grades in simple language. The booklets carry the running title "How To Buy..." and they cover subjects from beef steaks to beans, peas and lentils. A listing will be sent on request for "Keys to Quality" — (AMS-542) a folder that also includes some tips on the grades. Write, Information Division, AMS, USDA, Washington, D.C. 20250.

USDA FOOD STANDARDS — AND YOU

Ever make a mail order purchase — and find out that you and the catalogue writer had a different idea as to the meaning of certain words?

Then you know why standards are needed — It's not enough to call something "Grade A" — both buyer and seller must know exactly what Grade A means if they are to trade at a distance .

And that's just what USDA grade standards for food do: give definition and meaning to each of the terms — grade names — used to describe food quality. In fact, the standards set the requirements, (for example: color, shape, degree of maturity) that a food must meet to be labeled as a particular grade. The standards make it possible for wholesale traders in food — producers, packers, processors, retailers — and consumers, to speak the same language — to know that they have the same idea of what U.S. Grade A means in describing eggs, for example.

Establishing these standards, with the participation and help of members of the food industry and consumers, is one of the major functions of the U.S. Department of Agricultural Marketing Service. AMS standardization specialists study a food product to determine its range of quality. Their study includes production, processing, and marketing of the product.....and consumer preference and views.

No Federal law requires that the USDA grade standards for food be used, but anybody who wants to can use them. Many wholesalers, processors and packers do use them as aids in trading and in their quality control programs. The grade standards can be applied officially by Federal and Federal-State grading services. A fee is charged for this service, which is only to qualified applicants.

BICENTENNIAL QUILT

— TO BE DISPLAYED

Skyrockets, stars, eagles, cherry trees and log cabins — Americana and the Bicentennial — the homemakers of Adams County, Pa., put it all together and created an "album" quilt to present to their Historical Society for a permanent exhibit.

Thirty homemakers prepared large squares (16 inch) each depicting something meaningful to them personally and to the Bicentennial. While there are some traditional patterns, most of them are original designs ranging from copies of the Liberty Bell to one of a home plot designed by a homemaker who works for the county mapping department.

One of the most unusual blocks was designed by a crops farmer who drew an original sketch, which his wife interpreted in a red, white and blue block depicting the crops they grow — corn, wheat, sorghum, soybeans and oats. Embroidered on each crop is the current market price.

Another homemaker explained about the symbolism of her skyrocket design which was a result of childhood memories of watching fireworks displays... and of her brother who was at Cape Canaveral when they shot off the first rockets.

Homemakers, ranking in quilting experience from the novice to the expert, used appliqueing, piecing, embroidering and quilting skills. Each of the blocks fit into the red, white and blue pattern as the stripes and borders are in red.

NOTE: Additional information for MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Telephone 202-447-5898
